

## AutoMatters & More



This week, Lowriders Car Show and Toy Story 4, the movie. **See page 11**

## Base Movie Schedule

POKEMON Detective Pikachu, The Hustle (2019), The Intruder, John Wick: Chapter 3-Parabellum. **See page 12**

## What's Going On This Weekend

California Wine Festival, Fairy Festival, O.B. Street Fair & Chili Cook-Off, Gospel Festival. **See page 14**

Navy Marine Corps Coast Guard Army Air Force

# ARMED FORCES DISPATCH



San Diego Navy/Marine Corps Dispatch [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 619.280.2985  
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FIFTY NINTH YEAR NO. 3  
THURSDAY, JUNE 20, 2019

## The first day of summer is coming

The first day of summer 2019 arrives with the solstice on Friday, June 21, at 8:54 a.m. For those of us in the Northern Hemisphere, this marks the longest day of the year and the moment when the sun reaches the Tropic of Cancer, its highest point. For those who live in the Southern Hemisphere, this is the shortest day of the year and the arrival of winter. The solstice happens at the same moment for everyone, everywhere on Earth.

### What does 'Solstice' mean?

The term "solstice" comes from the Latin words sol (sun) and sistere (to stand still). At the solstice, the angle between the Sun's rays and the plane of the Earth's equator (called declination) appears to stand still. This phenomenon is most noticeable at the Arctic Circle where the sun hugs the horizon for a continuous 24 hours, thus the term Land of the Midnight Sun.

**Fun fact: Be sure to look at your noontime shadow around the time of the solstice. It will be your shortest noontime shadow of the year**

Some people believe that our seasons are caused by the Earth's changing distance from the Sun. In reality, it is due to the 23-degree tilt of the Earth's axis that the Sun appears above the horizon for different lengths of time at different seasons. The tilt determines whether the Sun's rays strike at a low angle or more directly.

### Some Summer Solstice folklore

- In Ancient Egypt, the summer solstice coincided with the rising of the Nile River. As it was crucial to predict this annual flooding, the Egyptian New Year began at this solstice.

- In centuries past, the Irish would cut hazel branches on solstice eve to be used in searching for gold, water, and precious jewels.

- Many European cultures hold midsummer celebrations at the solstice, including gatherings at Stonehenge and the lighting of bonfires on hilltops.



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## San Diego Symphony's patriotic summer

The 2019 season includes some very special concerts including a patriotic Star Spangled Pops on June 28 and 29, and the summer celebration of the San Diego Padres 50th anniversary with a musical tribute to America's favorite pastime June 30.

The San Diego Symphony's long-running summer concert series located on the Embarcadero Marina Park South provides audiences with a quintessential San Diego experience of live music paired with one of the most beautiful settings in America. Each summer the San Diego Symphony offers a great variety of concerts and experiences in the 10-week season.

An annual event always looked forward to is the performance of the annual "Concert Under the Stars," a free concert for military families. This special day is a tribute of thanks and admiration to military families.

Most Bayside Summer Nights concerts begin at 7:30 p.m. Gates open at 6 p.m. Fireworks happen at the conclusion of most Friday and Saturday night concerts.

Tickets are available at the box office, (619) 235-0804 or at [www.sandiegosymphony.org](http://www.sandiegosymphony.org).

## Acting defense secretary withdraws his confirmation bid

Acting Defense Secretary Patrick Shanahan withdrew his name from consideration to take over the permanent Pentagon leadership post on June 18.

"It's unfortunate that a painful and deeply personal family situation from long ago is being dredged up and painted in an incomplete and therefore misleading way in the course of this process," Shanahan said in a statement Tuesday. "I believe my continuing in the confirmation process would force my three children to relive a traumatic chapter in our family's life and reopen wounds we have worked years to heal."

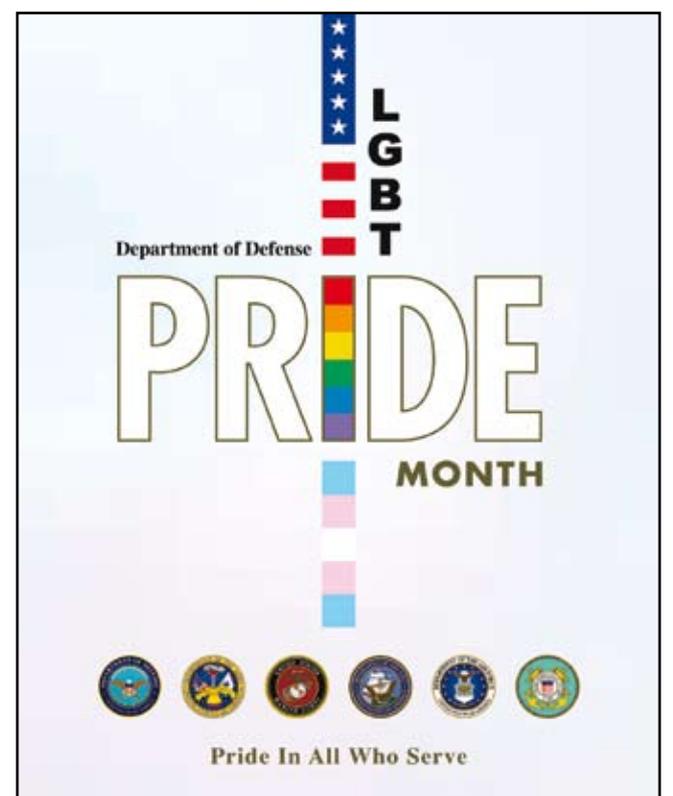
President Donald Trump announced the move in a series of tweets shortly before Shanahan's statement, just a few hours after numerous news reports of potential problems with Shanahan's FBI background check. The commander in chief praised Shanahan for his work as acting secretary for the last six months.

"Acting Secretary of Defense Patrick Shanahan, who has done a wonderful job, has decided not to go forward with his confirmation process so that he can devote more time to his family," Trump said on social media. "I thank Pat for his outstanding service."

The move not only leaves continued uncertainty at the top Defense Department post but also creates another service secretary vacancy. Trump announced that Army Secretary Army Mark Esper will step in as the new acting secretary of defense.

"Acting Secretary Shanahan and Secretary of the Army Esper are committed to an orderly transition that ensures our men and women in uniform have the leadership and resources they need to keep our nation safe. David Norquist will continue in his role as performing the duties of the Deputy Secretary of Defense," said Chief Pentagon Spokesperson Jonathan Hoffman.

Already, the Air Force is without its top official, after former Air Force Secretary Heather Wilson stepped down from that post last month. Esper's move will leave two of the three service secretary posts without a Senate-confirmed head. - *Leo Shane III contributed to this story.*





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# Soldier who battled in Fallujah to receive highest military honor

by Joe Lacdan

(Army News Service) - Former Staff Sgt. David Bellavia will be awarded the Medal of Honor for his bravery during some of the deadliest fighting in Iraq, President Donald Trump announced June 10.

A squad leader during the second battle of Fallujah, Bellavia, now 43, exposed himself to enemy fire as he defended his Soldiers on Nov. 10, 2004.

Bellavia used his M249 squad automatic weapon to suppress and counter the insurgent attack, allowing Third Platoon members to escape the house.

The platoon then began taking fire from insurgents on the house's rooftop. Bellavia, realizing the only way to keep his platoon from taking casualties was to eliminate the enemy, reentered the house.

The intensity of the situation and the close combat that followed shocked Bellavia, who had limited experience with enemy contact at the time.

"Never in my life had I seen



Staff Sgt. David Bellavia (left) in Iraq. Photo courtesy of David Bellavia

anything like that," he said of the fighting.

Bellavia called for an M2 Bradley Fighting Vehicle to provide suppressing fire with its 25 mm cannon as he headed inside. He then fought his way up three floors, using his rifle and grenades to kill four enemy insurgents and mortally wound another. The first insurgent Bellavia killed had been loading an RPG launcher to fire upon Third Platoon. Bellavia's actions ultimately saved three squads of Third Platoon.

For his actions during the firefight, Bellavia received the Silver Star. His other commenda-

tions include the Bronze Star and the New York State Conspicuous Service Cross.

The native of Waterport, N.Y., grew up listening to stories from his grandfather, a World War II veteran who still resides in the area. He became enamored with the military life at a young age and at 23, he left college and enlisted in the Army in July 1999.

Bellavia left active duty in 2005 and currently hosts his own radio show in the Buffalo, N.Y., area. He's also the co-founder of Vets for Freedom, a conservative political advocacy organization.

## Housing continued from page 3

of the MHPI Resident Bill of Rights, department leaders are seeking feedback from service members and families who live in privatized housing through an online survey. The survey will be sent to each household by CEL & Associates, a third-party consulting firm that is administering the feedback collection, tabulation and analysis on DOD's behalf.

McMahon said that the department is committed to addressing the concerns of service members and their families.

"We have tremendously resilient military families," he said. "Once we recruit the individual, we retain the family, and they don't ask for a lot." He noted that most families want a safe home, access to medical care, access to good schools, and reliable movers when they have to relocate to change assignments - something that happens every 2-3 years in an average service member's career.

In all cases, department leaders are committed to working with housing privatization partners to ensure any and all resident concerns are addressed in a responsive, timely and professional manner, with emphasis on expediting resolution of any concerns involving potential health or safety issues, McMahon said.

"The secretary of defense and the service secretaries and chiefs understand that family

is important. We honor the sacrifice that service members and their families make to serve our nation. The department has a moral obligation to military families to provide safe and quality housing, and we take that obligation seriously," he said.

Service members and families who reside in privatized housing are encouraged to provide feedback on the draft resident bill of rights through the online survey (Office of Management and Budget number 0704-0553; OMB expiration date March 31, 2022) that will be sent to them via e-mail - only one person per address will receive this e-mail - but participation in the survey is completely voluntary. All respondent information will be kept confidential and will not be linked to the feedback results shared with DOD.

The survey was on a rolling release to residents, June 13-16, due to the significant number of surveys to be distributed - nearly 200,000. The survey will close on July 15. If MHPI residents have questions or need technical support, or if no member of their household received an email with a survey link by June 18, they may contact CEL & Associates Inc. by e-mail at: [BillofRightsFeedback@celassociates.com](mailto:BillofRightsFeedback@celassociates.com). Residents are asked to identify their installation and complete their street address on any e-mails. Feedback on the draft bill of rights must be provided through the survey, not to this e-mail address.

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## Ask Rusty - Is Social Security based on last 3 years of work?

by Rusty Gloor

Dear Rusty: I have heard many times that what is earned the last 3 years you work before drawing Social Security benefits determines what your benefit dollar amount will be. Is this true? If not, what determines your benefit dollar amount and how is it calculated? Signed: Working Still

Dear Working: Funny how true the adage - if you say something often enough, people will believe it is true. But I'm afraid that what you've heard so many times about how your Social Security benefit is determined is incorrect. While it's true that the last 3 years you work may affect your Social Security benefit amount when you claim, those years alone are not what determine your benefit dollar amount. Rather, your benefit is determined using a formula, which includes the highest earning 35 years of your lifetime working career. Each year in your lifetime earnings record will be adjusted for inflation, the highest earning 35 years will be selected and your "average indexed monthly earnings" (AIME) will be computed from those years. And to clarify another often-misunderstood point, you only get credit for earnings on which you paid FICA taxes, so earnings up to the annual payroll tax cap are the only earnings counted.

For most people, the latter years of their working career are the highest earning, so it's quite likely that your last few years of earnings will be included in the 35, which are used to determine your benefit. Once your AIME is computed from your lifetime earnings record, it is subjected to a standard formula to arrive at your Primary Insurance Amount (PIA), which is the benefit you are entitled to at your full retirement age. If you claim benefits before your full retirement age (FRA) that benefit will be reduced, by up to 30 percent depending upon how many months before your FRA that you claim. And if you wish to increase your benefit you can wait beyond your FRA to claim and earn delayed retirement credits of 8 percent per year, up to age 70. Claiming at age 70 could get you a benefit as much as 32 percent more than it would be at your full retirement age (depending upon the number of months after your FRA that you claim benefits).

Unfortunately, there are many myths floating around about how your Social Security benefit is determined, and what you've previously heard is but one variation of those myths. But reality is as described above - the highest earning 35 years of your lifetime earnings record are used to determine your average monthly career earnings (adjusted for inflation), and that 35-year lifetime average becomes the basis for your Social Security benefit. Anything else you hear to the contrary is simply incorrect.

Russell Gloor is a certified Social Security advisor with the Association of Mature American Citizens. This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.



## VA and White House launch veteran suicide-prevention task force

WASHINGTON - As part of the Department of Veterans Affairs and White House initiative to curb veteran suicide, VA Secretary Robert Wilkie and Director of the White House Domestic Policy Council Joe Grogan will launch a cabinet-level task force June 17 to develop a national roadmap.

The President's Roadmap to Empower Veterans and End the National Tragedy of Suicide (PREVENTS) task force will include a community integration and collaboration proposal, a national research strategy and an implementation strategy.

Efforts supporting the development of the roadmap are already well under way and are on target for the March 2020 delivery to the White House.

"This is a call to action," Wilkie said. "In order to decrease the rate of veteran suicide, we need to engage our local and community partners in addition to leveraging the resources of the departments. We need an all-hands on-deck approach to preserve the lives of our veterans

who have served our country. As such, I'm thrilled to announce that Dr. Barbara Van Dahlen, the founder and president of Give an Hour, has agreed to serve as executive director of the critical PREVENTS work. Dr. Van Dahlen is widely recognized for changing the culture surrounding mental health and suicide and is an expert and thought leader in large-system change. We are proud to have her leading this effort."

On March 5, President Donald J. Trump signed an executive order titled "National Roadmap to Empower Veterans and End Suicide." The EO directed the Secretary of VA and the director of the White House Domestic Policy Council to co-chair and stand up an interagency task force to develop a plan implementing a roadmap for the prevention of veteran suicide at the national and community level.

As part of the effort to ensure the broadest stakeholder input in the development of the national research strategy, the task force is releasing a Request for Information (RFI) to gather feedback

on how to improve research and the use of research to radically reduce veteran suicide. Input may be provided at [www.research.va.gov/PREVENTS](http://www.research.va.gov/PREVENTS).

"In signing this Executive Order, President Trump demonstrated that once again he is putting a high priority on the needs of our veterans," Grogan said. "Through the standup of a collaborative task force, the development and implementation of a public health approach and enhanced research, we will increase our efforts to prevent veteran suicide with the aspi-

ration goal of zero veteran suicides."

To learn more about VA's suicide prevention resources and programs, visit [www.mentalhealth.va.gov/suicide\\_prevention](http://www.mentalhealth.va.gov/suicide_prevention).

Vets who are in crisis or having thoughts of suicide, and those who know a veteran in crisis, can call Veterans Crisis Line for confidential support 24 hours a day. Call 800-273-8255 and press 1, send a text message to 838255 or chat online at [VeteransCrisisLine.net/Chat](http://VeteransCrisisLine.net/Chat).

## Crossword Puzzle

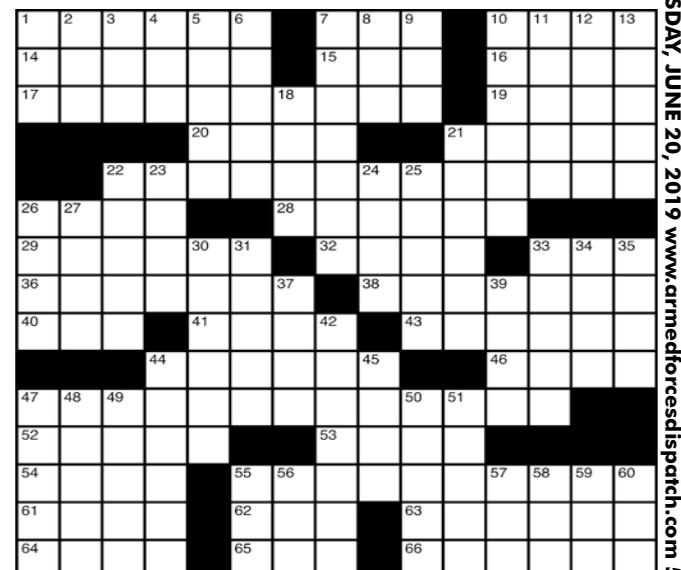
### Across

- 1 One of seven in "Jabberwocky"
- 7 Shabbat celebrant
- 10 "Baby \_\_\_": 2008 Fey/Poehler comedy
- 14 Like some classroom aids
- 15 Angst-filled rock genre
- 16 Disembarked
- 17 \*Project with many obstacles
- 19 Wheels for a star
- 20 \_\_\_ Grey tea
- 21 Vacation abode
- 22 \*E! talk show focused on celebrity outfits
- 26 Longest reigning Brit. monarch
- 28 Neighbor of Venezuela
- 29 Discriminatory, as in hiring
- 32 Pet adoption org.
- 33 Deg. for a suit
- 36 Annexation
- 38 Put on a pedestal
- 40 Morsel
- 41 Printed scorecard numbers
- 43 Went (on) monotonously
- 44 Monotony
- 46 Gp. with mail trucks
- 47 \*Britannica, e.g.
- 52 Cutting
- 53 Leaderless
- 54 Strengthen
- 55 Team up ... or, literally, what the last words of the answers to starred clues can do
- 61 Giggly Muppet
- 62 To and \_\_\_
- 63 Poker challenge
- 64 Academic leader in NBC's "Community"
- 65 Author Kesey
- 66 Kind of tax

- 3 Volcanic fallout
- 4 Rapa \_\_\_: Easter Island
- 5 Popular mall jewelry store
- 6 Mosque-goer's deity
- 7 Like Cain, of Abel
- 8 Leading characters in "Mork & Mindy"?
- 9 Stir-fry pan
- 10 \_\_\_ Yousafzai, sharer of the 2014 Nobel Peace Prize
- 11 Cover story
- 12 Copycat
- 13 Make things right
- 18 Course where tangents are relevant
- 21 \*1997 movie partly set on a plane called the Jailbird
- 22 Handy "Mr."
- 23 "Master of None" star \_\_\_ Ansari
- 24 "Law & Order" gp.
- 25 Couldn't sit still, say
- 26 Exxon, once
- 27 Lustful look
- 30 \*High-speed skiing event, familiarly
- 31 Discipline
- 33 Capital of Belarus
- 34 Honk
- 35 Tacks on
- 37 Green land?
- 39 Bridge table quorum
- 42 Vacuum effect
- 44 Ligament kin
- 45 Lo \_\_\_: noodle dish
- 47 Threw a fit
- 48 Forced absence
- 49 Terra \_\_\_
- 50 Cellphone self-pic of a group, slangily
- 51 Smells
- 55 N.Y. airport since 1963
- 56 Miner's matter
- 57 Chinese zodiac animal
- 58 "The World Factbook" org.
- 59 Inexact fig.
- 60 Get

### Down

- 1 "Law & Order: \_\_\_"
- 2 It often comes to those who wait



THURSDAY, JUNE 20, 2019 [www.armedforcesdispatch.com](http://www.armedforcesdispatch.com) 5

## 'Veterans Who Became President' held over at Veterans Museum

The newest exhibit to open in The Veterans Museum at Balboa Park in four years, Veterans Who Became President, is freshly upgraded with improved graphics and imagery, since its February opening. It is held over through July.

Theodore Roosevelt, hero of the Spanish American War, is now added alongside George Washington, Harry S. Truman, Dwight D. Eisenhower, John F. Kennedy, and George H.W. Bush, all individually profiled with the highlights of their service in wars and the significance of their terms as president.

Drop by the museum to see this unique presentation that also shows every U.S. president who was a military veteran prior to becoming president, with inclusive dates and brief descriptions of their military service.

Cyndee Cooper recommends The Veterans Museum at Balboa Park  Great representation of the contributions from the San Diego community. Very well done, and engaging volunteers. We really appreciated it.



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## War College taps new president

WASHINGTON - Secretary of the Navy Richard Spencer announced June 14 that Rear Admiral (lower half) Shoshana S. Chatfield will be the new president of the Naval War College.



**Rear Adm. Shoshana Chatfield, shown here at a mission crew work station during a tour of a P-8A Poseidon aircraft. Photo by MC-3Daniel Willoughby**

“Rear Admiral Chatfield is a historic choice for the Naval War College. She is the embodiment of the type of warrior-scholar we need now to lead this storied institution as it educates our next generation of leaders,” said Spencer. “As our Education for Seapower (E4S) Study noted, our capacity for critical thinking in an age of increasing complexity will be our most important strategic advantage. Admiral Chatfield will play a pivotal role in leading the War College as it integrates into the new Naval University system we are now establishing to foster a culture of continuous learning in the naval services.”

Chatfield will be the first woman president in the history of the Naval War College. She earned her doctorate in education from the University of San Diego. She is a naval aviator (helicopters) who commanded at both the squadron and wing levels. She was stationed at NAS North Island with HC-1 and HC-3.

She also served as a Provincial Reconstruction Team Commander in Farah Province, Afghanistan. She is currently serving as Commander, Joint Region Marianas, Guam.

## Explore dissatisfaction to discover what you want

by Dr. Daneen Skube

*Q: I notice there are a million small things that irritate me every day at work. I try hard to be laid back but find I just get more frustrated. The older I get the worse this seems to get. Am I doomed to be permanently grumpy or is there a way to work with my pickiness?*

**A:** You aren't just grumpy. You have been ignoring the million mosquitos of possible enlightenment that are sucking away your contentment. Each irritability during the day is an opportunity to become aware of something you want and be motivated to go after that goal.

Many of my new clients erroneously believe that mad is bad and grumpy is a character flaw. The truth is our anger is a finger pointing at areas we could develop, risks we need to take, and unmet needs. Grumpy is a potential treasure trove of information about what would make us happy.

Now the trick is we cannot just go around and let everyone know how mad they are making us. Expressing your raw feelings

at others just makes them feel blamed and alienated.

When we are upset we usually feel uncomfortable. One way of making our discomfort go away fast is to dump our feelings on people around us. As a therapist I differ from many in my industry in that I never advise clients to just share feelings. I recommend

### INTERPERSONAL EDGE:

that clients get to know what feelings are happening, use the energy in the feeling to identify needs, and then strategically negotiate.

Next time minor irritability is biting you ask yourself the following questions:

- 1) What is happening specifically that I don't want?
- 2) What specifically would I like instead if I had a magic wand?
- 3) What can I offer the person in front of me to motivate him or her to help me get that?

In addition, ask yourself if there is a pattern to the mo-

ments you feel grumpy? Do you feel disrespected, betrayed or misunderstood? If we pay attention, there is usually only one emotional issue that underlies all the moments we feel deeply upset.

Look back at your past and consider where this theme was present in important relation-

ships. Notice that you and your issue probably have a long history.

Now a brilliant question is to ask yourself to what extent you allow other people's bad behavior to define your value. If your parents were abusive, do you think you brought on their ill treatment? If your boss demoted you, do you think you are incompetent? Most of the stuff that upsets us makes us unhappy because we assume only bad people have bad things happen.

The truth is the nature of being alive demands adversity. No great spiritual teacher, guru

or good person ever walked through a human life without plenty of bad things happening to them.

Use angry moments as an introduction to needs you have that were previously unconscious. Once you see what you want, start negotiating for what you want and skip sharing negative feelings. As you negotiate you'll get a higher quality work life and find you have fewer irritating moments.

Used correctly, your anger can be your greatest ally in making your life the best it can be.

The last word(s)

*Q: My team has a consistent problem with a proposed solution on the table. I feel both anxious about the solution and intrigued with the possibility. Which response should I focus on?*

**A:** Both. Being able to entertain two contradictory thoughts about the same issue at the same time is often the beginning of truly creative problem solving.

# Health & Fitness

## Juicing can help increase fruit and vegetable intake

*DEAR MAYO CLINIC: Is juicing as healthy as some proclaim, or are some nutrients lost in the process?*

**ANSWER:** Juicing - extracting the juice from fresh fruits and vegetables - can be a good way to add nutrients to your diet. If you struggle to eat the recommended five to nine servings of fruits and vegetables each day, juicing can help you get there.

The good news is that the juice contains most of the vitamins, minerals and plant chemicals (phytonutrients) found in whole fruit. Juicing also may help you incorporate a broader variety of fruits and vegetables in your diet, such as kale, spinach or tropical fruits.

However, juice shouldn't be the only way to get these nutrients. Whole fruits and vegetables also contain healthy fiber, much of which is lost during juicing - especially if the skin and pulp

are removed. Dietary fiber not only aids in digestion, but also may improve blood cholesterol levels and lower the risk of heart disease. Fiber also helps you feel full, which can help with weight control.

Some promote juicing as a quick way to lose weight. However, a diet containing only fruits and vegetables isn't balanced. Be sure you're also meeting your needs for fiber, protein, calcium, iron and healthy fats. You can do this by incorporating juicing into a healthy-eating plan that includes various whole grains, low-fat dairy products, lean protein sources, and whole fruits and vegetables.

While juicing in moderation is generally healthy, certain types of juice may not be appropriate for everyone. A juice made of mostly fruits can be high in carbohydrates and sugars, which can influence blood sugar levels. For people with kidney disease,

fruits that are high in potassium, such as melons and bananas, can cause complications and may need to be avoided.



Juicing also can be a significant source of calories, depending on the contents and the portion size you consume. Without the fiber to keep you feeling full, you may find that you're hungry sooner. Add these up, and you have a recipe for potential weight gain if not kept in check.

Here are steps you can take

to make sure your juice is as healthy as possible:

• **Limit added sugars.**

Some juice recipes call for sugar, honey, syrup or other added sweeteners. Since the typical American diet already includes an overabundance of added sugars, try to eliminate or minimize these additions. Added sugars contribute to calories and weight gain. They're especially common in store-bought fruit drinks.

• **Consider blending.**

Rather than extracting juice, blending the edible parts of fruits produces a drink that contains more fiber and other healthy nutrients. If the result is too thick, add a little water.

• **Handle produce safely.**

Wash all fruits and vegetables

thoroughly before use. Even if you plan to peel the produce, wash it first, so that dirt and bacteria aren't transferred. Take extra caution with pre-cut fruits and vegetables, and any kind of sprout, which are more likely to harbor dangerous bacteria such as E. coli.

• **Use the pulp elsewhere.**

Try adding the leftover pulp from your juicing to soups or baked goods to increase the fiber in your diet.

• **Opt for pasteurized juice.**

When buying juice from a store, choose a pasteurized juice when possible to prevent the likelihood of foodborne illness. Most juice sold in stores is pasteurized to kill harmful bacteria. Refrigerate products that aren't pasteurized. These products are required to carry a warning label.

Since juice sold in restaurants isn't subject to the same labeling, don't hesitate to ask if you're unsure if the product has been pasteurized.

If you're not sure whether juicing is a healthy option for you, talk to your health care provider or a dietitian. (adapted from Mayo Clinic Health Letter) - Katherine Zeratsky, R.D., Endocrinology/Nutrition, Mayo Clinic, Rochester, Minn.

Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A(AT SIGN)mayo.edu. For more information, visit www.mayoclinic.org.)

## Friday Fit Club at MCAS Miramar

• **Fridays; 9-10 a.m** • **MCAS Miramar's Boathouse & Marina (east picnic area)**

Join the team from Marine Corps Family Team Building and Semper Fit for a morning of fun with a 40 minute circuit workout followed by a 20 minute health and wellness chat. This is a great opportunity to meet new workout buddies and it's kid friendly. All levels of fitness experience are welcome.

Marine Corps Family Team Building provides educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. MCFTB is comprised of the following:

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## Carrier Strike Group 15 transitions to new leadership

SAN DIEGO - With crashing ocean waves and overhead naval aircraft serving as the

backdrop, Carrier Strike Group (CSG) 15 held a change of command ceremony on Naval Air Station North Island June 13.

Rear Adm. Dave Welch relieved Rear Adm. Bill Byrne to become the 74th commander since establishment in 1930. Vice Adm. John Alexander, commander, 3rd Fleet, presided over the ceremony.

CSG-15 differs from traditional carrier-based strike groups in that their mission is to mentor, train and assess Pacific Fleet Carrier Strike Groups, Amphibious Ready Groups and independent deploying ships, recommending them for certification during the final, integrated phase of the Navy's Fleet Response Training Plan.

"We live in a day and age where we must remain ready to deploy when the call comes and to execute the missions to the fullest. We must be ready to fight tonight and make sure our ships are fully trained and certified to deploy. This is absolutely critical. That is what Bill Byrne and CSG-15 are charged with doing," said Alexander.

The mission, functions, tasks and naming of the command

have evolved since inception in 1930. CSG-15 began as Carrier Division One (COMCARDIV 1) and was the first aircraft carrier formation in the United States when it was organized in October of 1930 as part of the Aircraft Scouting Force, U.S. Fleet, operating in the Pacific Ocean. In June 1973, COMCARDIV 1 was designated as Commander Carrier Group One (COMCARGRU 1). In December 1990, COMCARGRU 1 was designated as the Pacific Fleet Training Battle Group with responsibility for training Pacific Fleet Carrier Battle Groups during the Inter-Deployment Training Cycle. In 2005, the name was changed to Commander, Strike Force Training Pacific, and then again in 2014 to Carrier Strike Group 15, which remains the command's present-day nomenclature.

During Byrne's twenty months in command, the command achieved unprecedented integration with its east-coast counterpart at Carrier Strike Group 4, which included numerous at-sea observer visits and yearly cross talks designed to provide consistency in fleet training. Additionally, under his watch, the staff spearheaded an initiative to ensure a formalized

hand-off between phases of the training cycle, identifying crucial shortfalls then rapidly working to address those deficits in subsequent phases.

"CSG-15's mission is to train, mentor and assess the fleet through the final stages of their predeployment workups. Once they deploy, their success is our success and because our deployed forces have been kicking butt over the last two years, that defines our success," said Byrne. "I love the Navy because I love being part of a winning team. CSG-15 is just the latest of a long string of winning teams that I have had the honor to play on. These are winning teams that bring value to the bigger team."

Byrne's next assignment will be Assistant Chief of Naval Operations for Operations, Plans and Strategy (OPNAV N3/N53), where he will serve as the principal advisor to the Chief of Naval Operations on joint operations and the development of joint strategies, plans, programs, and policies.

Rear Adm. Welch takes the helm of CSG-15 having recently served as the Commander of Naval Surface and Mine War-



Vice Adm. John D. Alexander (right), commander, U.S. Third Fleet, presents a Legion of Merit award to Rear Adm. Bill Byrne, outgoing commander of Carrier Strike Group 15 (CSG-15). Navy photo by MC3 Jailene Casso

fighting Development Center. His previous tours include command of USS *Chung-Hoon*, Destroyer Squadron 31, and the Surface Warfare Officers School Command. Ashore, his assignments included three tours in the Office of the CNO and assignments with the Navy Personnel Command, and the Pacific Command.

During his remarks, Welch reflected on his personal commitment to the CSG-15 staff as well as what this responsibility

as a fleet trainer means to him as a naval leader.

"I look forward to working with you," said Welch. "Our mission and mandate are clear. I pledge to provide clear guidance, and transparency in important strategic decisions. I also pledge to be a strong advocate on your behalf - and on behalf of fleet training requirements. I have much to learn from you as well. I'm excited to stand before you, and I'm honored to lead you. There is great urgency in what we do. Let's get to it."

“WE LIVE IN A DAY AND AGE WHERE WE MUST REMAIN READY TO DEPLOY WHEN THE CALL COMES AND TO EXECUTE THE MISSIONS TO THE FULLEST,” SAID VICE ADM. JOHN ALEXANDER, C3F



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# NAVWAR supports NAVSEA Journey Level Leadership Program

by Elisha Gamboa

SAN DIEGO - Naval Information Warfare Systems Command (NAVWAR) provided cybersecurity training and subject matter expertise in support of Naval Sea Systems Command (NAVSEA)'s Journey Level Leadership (JLL) Program to cultivate and inspire future Navy leaders.

As part of the program, NAVWAR hosted Marianne Paulsen, a NAVSEA human factors engineer from Naval Undersea Warfare Center Keyport, for a rotation with the NAVWAR Office of Chief Engineer Human Systems Integration (HSI) Division February-May 2019.

The JLL Program is the second phase along the NAVSEA leadership continuum, which fosters innovation and determination in aspiring naval leaders, seeking the top mid-level performers from across NAVSEA Enterprise and providing them with opportunities to develop and strengthen their leadership skills.

Aligned with the "National Defense Strategy" and "A Design for Maintaining Maritime Superiority 2.0", the program works to produce outstanding leaders and teams, armed with the knowledge and ability to adapt faster than our adversaries. The program's goal is to improve

mission success by increasing the effectiveness of these selected professionals through a yearlong program including two one-week long leadership courses, one three-month long rotational assignment, interaction with high level NAVSEA

NAVWAR with experts in the cyber domain.

"My time with NAVWAR provided me the opportunity to learn from the best minds in cyber, while immersing myself in a cyber-aware environment to greatly enhance my understanding of the current issues, challenges, tools, practices and guidance related to a robust cybersecurity posture and cyber aware HSI program,"



leadership, and a final capstone project addressing a NAVSEA Enterprise level cybersecurity challenge.

JLL rotational assignments are typically internal and conducted within the NAVSEA Enterprise, but for this particular program, Paulsen chose to expand her knowledge in the area of cybersecurity and HSI, and requested to spend her three-month rotational assignment at

said Paulsen.

Following her rotational assignment, Paulsen will work to complete her capstone project, which serves as a final exam, dissertation and practicum that participants must pass in order to graduate. Upon completion, she will brief the NAVSEA senior executives on issues, approach, results, and recommendations for implementation and way ahead.

"The totality of my experience at NAVWAR will contribute to the quality and scope of the recommendations that will come out of my capstone project to develop a cybersecurity maturity model for NAVSEA," said Paulsen. "I hope to sustain the momentum of this collaborative effort between NAVSEA and NAVWAR HSI, as cyber touches all of us and it is going to take all of us working together to win this fight."

NAVWAR hosted two other NAVSEA personnel participating in the JLL program, with another scheduled for November 2019. NAVWAR will continue to provide support and expertise to the program as needed to increase the efficiency and ef-

fectiveness of delivering cyber warfighting capability from seabed to space.

The Space and Naval Warfare Systems Command (SPAWAR) changed its name to the Naval Information Warfare Systems Command June 3 to better align its name with its mission.

NAVWAR identifies, develops, delivers and sustains information warfighting capabilities and services that enable naval, joint, coalition and other national missions operating in warfighting domains from seabed to space. NAVWAR consists of more than 11,000 active duty military and civil service professionals located around the world.

## ESG-3 hosts MRG training

by MC2 Jesse Monford

SAN DIEGO - Expeditionary Strike Group Three, alongside Naval Sea Systems Command and Southwest Regional Maintenance Center Code-263 division, hosted main reduction gear (MRG) training at Naval Base San Diego recently.

A significant shortfall in the understanding of MRG, its major component maintenance and operations have caused significant material readiness problems Fleet wide. Despite type commander guiding principles driving the Fleet toward strict procedural compliance, ships have experienced multiple self-inflicted MRG casualties. These incidents have cost the Fleet millions of dollars, forced ships to miss invaluable training opportunities and left them unable to complete combatant commander tasking.

In response to this issue, ESG-3, NAVSEA and SWRMC put

together waterfront training focused at engineering leadership and maintenance persons in order to raise the level of knowledge of the Navy's engineers.

"It's very important that we as Naval engineers understand how important our main reduction gears are to the Navy's overall mission," said Capt. Robert Bailey, ESG-3 N4 assistant chief of staff for logistics and readiness. "Bottom line, the ship will not move from the pier if one of the ship's main reduction gears is out of commission."

Shipboard engineers must understand the importance of maintaining this vital piece of equipment in accordance with all engineering directives in order to meet Fleet tasking. "As we move from our legacy systems into what's expected in our 5th generation ships, we as good stewards must maintain our equipment as best as possible," said Bailey.

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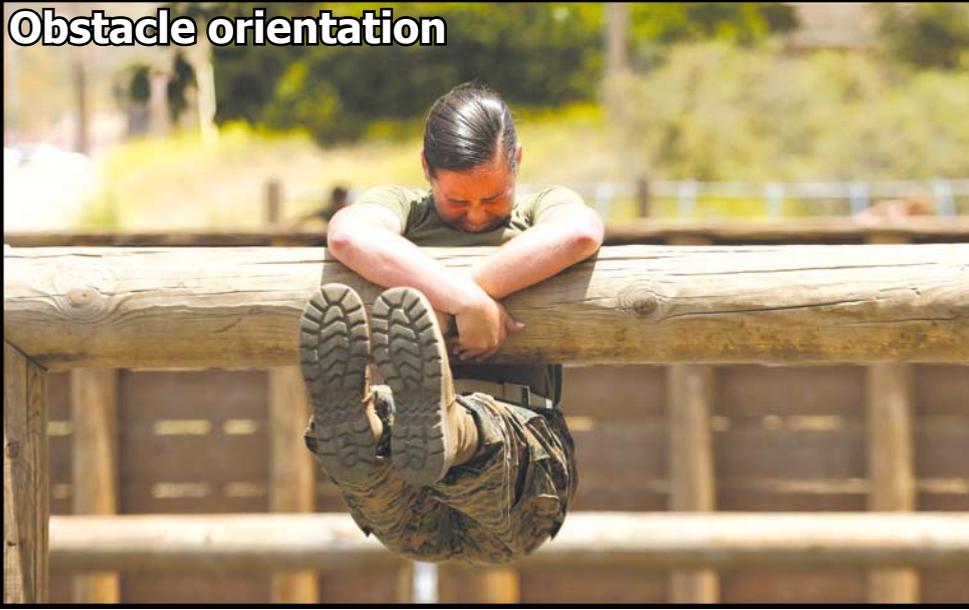
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## Obstacle orientation



**CAMP PENDLETON (June 10, 2019)** - Midshipman Stephanie Metzger struggles to get over a log amid the School of Infantry Obstacle Course, or O-Course, during the Career Orientation and Training for Midshipmen's "Marine Week" here. During Marine Week, the midshipmen receive Marine Corps Orientation familiarizing themselves with the Marine Corps Martial Arts Program, weapons, and the O-Course. CORTAMID pulls second and third class scholarship midshipmen from various Naval Reserve Officers Training Corps programs to receive surface, submarine, aviation and Marine Corps orientation. Photo by Sgt Tayler P. Schwamb



**MCAS MIRAMAR (June 12, 2019)** - A Marine with Marine Medium Tiltrotor Squadron (VMM) 764, 4th Marine Aircraft Wing, stands on the flight line before the MV-22B Ospreys take off. Once a year reserve components of the Marine Corps go on two-week annual training detachments to sharpen their skills in their military occupational specialties. Marine Corps photo by Sgt. Becky Cleveland

**PACIFIC OCEAN (June 4, 2019)** - An AV-8B Harrier with Marine Medium Tiltrotor Squadron (VMM) 163 (Reinforced), 11th Marine Expeditionary Unit (MEU), sits on the flight deck of USS Boxer (LHD 4).

Marine Corps photo by  
Lance Cpl.  
Dalton S. Swanbeck



**VISAKHAPATNAM, India (June 11, 2019)** - Capt. Kevin Lane, commanding officer of USS John P. Murtha (LPD 26), scans the horizon on the bridge as the ship pulls into Visakhapatnam, India for a port visit. John P. Murtha is on its maiden deployment and part of the Boxer Amphibious Ready Group (ARG) and the 11th Marine Expeditionary Unit (MEU) team. Navy photo by MC2 Kyle Carlstrom

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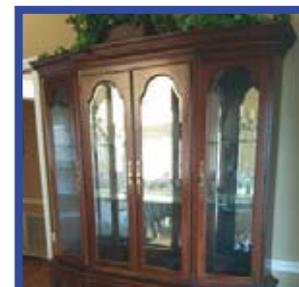


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## USS John P. Murtha, Indian Navy conduct maritime exercises

by Lt. Andrew Bertucci

BAY OF BENGAL - San Antonio-class amphibious transport dock ship USS *John P. Murtha* (LPD 26) with embarked elements from the 11th Marine Expeditionary Unit (MEU) participated in maneuvering and communication drills with Indian navy ship, Rajput-class destroyer INS Ranvijay (D 55) in the Bay of Bengal, June 14.

The interaction between the U.S. and Indian navies this year prepares both maritime forces to conduct their first bi-lateral, tri-services amphibious exercise.

“Conducting these drills with the Indian Navy and enhancing our maritime cooperation was a great way to follow up our successful port visit to Visakhapatnam,” said Capt. Kevin Lane, commanding officer, USS *John P. Murtha*.

*John P. Murtha* recently finished a scheduled port visit in Visakhapatnam, India, where Sailors and Marines strengthened partnerships by holding professional exchanges with their Indian Navy counterparts, conducting community relationship-building projects, and hosting U.S. Consul General Hyderabad’s English ACCESS Microscholarship program participants onboard for a ship tour.

“On behalf of the crew of *John P. Murtha*, we are truly thankful to U.S. Consulate General Hyderabad and the people of Visakhapatnam for their warm hospitality in welcoming us, and we look forward to future opportunities to strengthen our



USS *John P. Murtha* (LPD 26), foreground, steams along with Rajput-class destroyer INS Ranvijay (D55) during a photo exercise. *John P. Murtha* is on its first deployment. Navy photo by MC2 Curtis D. Spencer

partnership with India,” said Lane. “I am enormously proud of the work done by our Sailors and Marines that helped form lasting relationships with our Indian counterparts.”

USS *John P. Murtha*, named in honor of Congressman John Murtha of Pennsylvania, is the 10th San Antonio-class amphibious transport dock ship of the United States Navy and is homeported in San Diego and part of Naval Surface

Forces and 3rd Fleet.

*John P. Murtha*, currently on its maiden deployment and part of the *Boxer* Amphibious Ready Group (ARG) and the 11th Marine Expeditionary Unit (MEU) team, is deployed to the 7th Fleet area of operation to support regional stability, reassure partners and allies, and maintain a presence postured to respond to any crisis ranging from humanitarian assistance to contingency operations.

## Petty officer dies in fiery vehicle crash outside San Diego

by Geoff Ziezulewicz

NAVY TIMES - A San Diego-based sailor died earlier this month in a fiery car crash about 60 miles east of his duty station, according to police.

Aviation Electrician’s Mate 1st Class Monterro J. “Terro” Friend, 34, was driving west on Interstate 8 in southeastern San Diego County near Campo at about 3:30 a.m. on June 2 when his 2018 Toyota Tundra drifted off the road and then into the highway’s center divider, according to a California Highway Patrol statement.

Investigators say that his truck then went airborne, struck an embankment and caught fire.



Aviation Electrician’s Mate 1st Class Monterro J. Friend died earlier this month in a vehicle crash in San Diego County. Official Navy photo

Friend was pronounced dead at the scene just after 4 a.m., according to the San Diego County Medical Examiner’s Office.

The fire damage made it unclear whether Friend was wearing a seat belt and the accident remains under investigation, according to CHP.

Friend had been assigned to amphibious assault ship *Bonhomme Richard* since 2017, according to his service records.

In a prepared statement released by the Navy, Capt. Rich LeBron - *Bonhomme Richard*’s commanding officer - said “the loss of AE1 Friend has impacted us all. We all mourn for our shipmate. Our primary concern now is to provide support for the family, friends and shipmates as they grieve the loss of AE1 Friend.”

A former resident of both Georgia and Tennessee, Friend enlisted in 2008.

He was at least the 19th sailor to die in a motor vehicle accident since the federal fiscal year began on Oct. 1, according to Navy records.





by Jan Wagner

## Lowriders car show & Toy Story 4 movie



Skateboarder next to the San Diego waterfront.

### Lowriders Car Show

We are truly spoiled here in Southern California. We might sometimes take our warm, sunny weather for granted but people from around the world travel here to spend their precious vacations.

Back where I moved here from long ago (Alberta, Canada), we had only a few months of sunny, warm weather, and the mosquitos somewhat spoiled that.

When the weather is good, people are far more inclined to bring out their prized automotive possessions to share with us. That means that there are plenty of enthusiast car shows, and the quality of automobiles present is first rate.

Recently I had the pleasure of discovering one of these many car shows as I walked by where it was about to happen. According to the event poster and graphics, it was called Legacy, in celebration of 30 years of Tribal Streetwear.

The cars were lowriders. Those colorful, engraved chrome, low-to-the-ground pieces of rolling art. They do not even need to

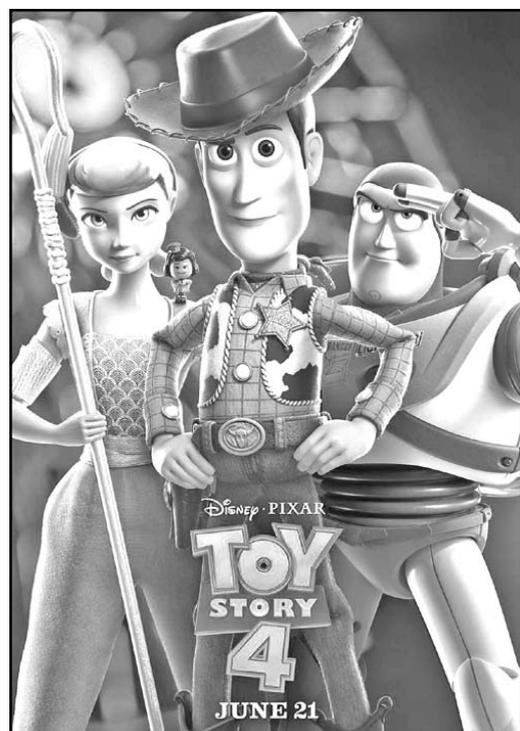
and several other noteworthy vessels. On the other side of the car show were two Japanese naval vessels visiting San Diego on their "Overseas Cruise 2019." Watch for coverage of their shipboard tour, provisioning the ships and more in a future "AutoMatters & More."

In addition to the lowriders, there was an art show, the art of tattoo, vendors, DJ's, food trucks and more, as well as thrilling skateboarders performing for us on a large half pipe. It was set up right next to the water - where a misstep could easily have resulted in a skateboard flying over the pier and into the dark depths of the Pacific Ocean, where it would likely remain!

### Toy Story 4

Disney- Pixar has made a rare goof by not including the motorhome in their online movie posters for "Toy Story 4." Speaking for auto enthusiasts every-where I must say that the motorhome is the vehicle that drives this movie!

Okay, I realize that the motorhome might lack the personality of, say, Lightning McQueen or Mater from "Cars," but come on! Where would this movie be without the motorhome? It is the common thread that ties this movie together. Without the motorhome, "Toy Story 4" would be stuck in the house. It would go nowhere.



demonstrate their ability to independently raise and lower their four corners. It is enough just to admire and enjoy them as art.

Adding to the breathtaking exhibition was the location of this event. It took place next to downtown San Diego, on the Broadway Pier, next to the fascinating USS Midway Museum

The premise of this, the latest installment of the popular Toy Story franchise, is that Buzz Lightyear travels far from

home on a road trip - in the aforementioned motorhome. Along the way he makes new friends and encounters some adversaries.

Andy has already gone off to college, so the toys are now in the care of Bonnie, a friend of the family who is about to begin kindergarten - a potentially scary prospect for a little child. She used her imagination to create a new toy named Forky. Forky began life as a plastic fork. Surely it is not easy giving an endearing personality to a plastic fork, but Pixar has done just that.

You may recognize many of the famous and familiar names in the voice credits. Tom Hanks is the voice of Woody. Buzz Lightyear is voiced Tim Allen, Bo Peep is Annie Potts and new character Forky is brought to life by Tony Hale. John Ratzenberger returns as Hamm.

If you watch the credits, you might even spot the truly legendary Mel Brooks (born in 1926 and still going strong), Betty White and Carl Reiner!

It should come as no surprise that Pixar surely has created yet another hit. It has all the necessary ingredients and really, who would not love Forky - a fork decorated with a child's love?

However, times they are a changing, and there is news on the character front that might cause concern for fans of Toy Story. At this time we can only wait and wonder to see what will be revealed in "Toy Story 5."

In the meantime, to see the official Disney - Pixar trailers for "Toy Story 4," and to find out more, visit: <https://movies.disney.com/toy-story-4>.

To see additional photos, visit [www.drivetribe.com](http://www.drivetribe.com), click on the magnifying glass, select "POSTS" and enter "AutoMatters & More #595" in their search bar. Please send your comments to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com).

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## The Meat & Potatoes of Life



by Lisa Smith Molinari

Every summer, a fresh crop of newly-PCsed military spouses emerge from housing like swarming termites in search of pulp. They follow other spouses to school, approach them in the commissary, and ring their doorbells, threatening to infiltrate their established social circles. Some see them as a threat, having forgotten that every spouse was once the new kid on the block.

Truth be told, I was a pestering new spouse many times over my 23 years as a Navy wife. After each move, I'd slowly transform from a strong, confident, responsible adult into a pathetic, insecure middle schooler, desperate for friends. After the first few weeks of living in the base hotel while waiting for housing, the novelty of our suitcase existence would wear off and loneliness would set in. I'd find myself chatting with the front desk clerk and the commissary baggers to combat my growing solitude. Once moved into housing, my daily routine would involve shamelessly scanning the neighborhood for potential friends while walking the dog, taking the trash out, and schlepping the kids to school. I'd make eye contact with those who looked approachable, and offer a friendly smile in an effort to initiate interaction.

But, women seemed to avert their eyes when I glanced at them. Moms pushed their strollers a little quicker when they noticed I was behind them. As I walked by the shared stairwell patios, groups of chatting ladies got a little quieter.

Inevitably, extreme desperation would set in and I'd make rash choices. One summer after moving to Patch Barracks in Stuttgart, Germany, I hastily joined the Thursday Morning Spouses Bowling League and

## Bowling for spouses: Spare some compassion

paid for a full year commitment, despite the fact that I'd never particularly enjoyed the sport.

I showed up on the first day to meet my team, Great Balls of Fire, thinking this would be casual and kitschy, and that I'd make some much-needed friends. But to these spouses, bowling was serious business, and I was soon intimidated.

When it was my turn, I nervously stepped onto the polished runway at the same time as a player from the opposing team, Lady Strikers. She glared at me, and I quickly realized my error and retreated to the scoring table. The irritated bowler restarted her approach, which involved her getting into a curious crouching position, then pouncing up to throw her ball just before the foul line. My team members told me that she'd been in the league for years, and this was her signature move.

When she was done, Crouching Tiger whispered to a woman at her table with a very high forehead, and they both looked in my direction. The Forehead got up and walked toward me. Intimidated by these kingpins of the military spouse community, I nearly soiled myself. Was I just being paranoid? They wouldn't want to scare a new spouse who is just trying to make new friends, would they?

"Are you the new person?" the Forehead asked sternly, peer-

ing down where I hunched in a swing-out seat at the Formica table.

"Uh-hu," I answered with a nervous smile.

"Well, listen, my teammate sent me over to explain the rules," she said. My mind raced with humiliation and regret. Why had I committed to play in this league for an entire year? Would I ever fit in? Was it possible to make any real friends at this duty station?

Despite my newcomer's jitters, I persevered and survived my year on the bowling league. In an effort to add a little levity to the humorless group, I even started a league diet group I called "Bowlers United To Take Off Kilograms Sensibly," or B.U.T.T.O.K.S. for short. Not everyone was amused, but ultimate justice was served when our team's generous handicap earned us the second place cash prize in the season finals.

The experience taught me that bowling didn't strike my fancy, but also, that new military spouses need companionship, not competition.

Newbies will inevitably break the rules, throw gutter balls, and step on the foul lines, but the kingpins should spare a little compassion, and welcome all fellow spouses into their lane.

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2	9	8	1	6	9	1	7	8
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9	1	2	8	9	7	8	6	1
6	8	1	9	1	8	9	2	7
7	9	8	6	1	2	9	1	8
1	7	9	9	8	6	2	8	1
9	2	6	1	8	1	7	8	9
8	8	1	7	2	9	1	9	6

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## Astrological Forecast



by Magi Helena

**ARIES** (March 21-April 19): Avoid issues in the week ahead by being considerate of collective family needs. You may have some intense ambitions, but your loved ones need to come first now. Juggle your schedule so everyone is happy.

**TAURUS** (April 20-May 20): Do your duty. You can achieve more traction by following accepted procedures than by improvising and experimenting. You and a loved one can develop a higher degree of intimacy and shared passions as this week unfolds.

**GEMINI** (May 21-June 20): Be diplomatic. It is possible to phrase your questions in a way that shows you care. The reactions you receive from others in the week ahead may point out areas where there is room for improvement.

**CANCER** (June 21-July 22): You are not one to sleep on the job. In the week ahead you may have added enthusiasm for your career or even routine tasks. Be cautious that your intense drive and energy doesn't cause rub a loved one the wrong way.

**LEO** (July 23-Aug. 22): A Full Moon can bring something to a peak. In your case an important goal, a creative project or children's needs could come into sharp focus. In the upcoming week you should find time to think about your future.

**VIRGO** (Aug. 23-Sept. 22): Don't be afraid to share your inspirations and intuitions - loved ones will appreciate your creative ideas in the upcoming week. Learn from criticism; it can serve

to clarify your thinking and enlarge your perspective.

**LIBRA** (Sept. 23-Oct. 22): Your way of dealing with people could seem a little too automated as the week unfolds - the temptation could be to phone it in instead of interacting and responding in the moment. Choose people for friendship instead of benefits.

**SCORPIO** (Oct. 23-Nov. 21): Cuddle up and chill out with loved one or a special fur baby. You might even consider rescuing a four-legged buddy to share your life - or just hang out and share the love with people and pets you already know and care for.

**SAGITTARIUS** (Nov. 22-Dec. 21): There is a Full Moon in your sign, so you may be made more aware of ways that important relationships affect you. In the week ahead you may become more sensitive to nuance when speaking with loved ones.

**CAPRICORN** (Dec. 22-Jan. 19): A careful consideration of the facts and figures will alert you to potential pitfalls in any plan. If you become upset in the week to come, figure out what within you is being triggered when your buttons are pushed.

**AQUARIUS** (Jan. 20-Feb. 18): Two opposite concepts can blend together rather than cancel one another out. Although you believe in the intangible you must rely upon facts to get through the upcoming week. You may be intuitive about finances.

**PISCES** (Feb. 19-March 20): You may prefer to fly under the radar in the upcoming week. Reassess and rethink your goals while you feel secure. An opportunity might come along that may be more, or less, important than it appears to be.

If you or someone you care about needs to speak to someone or is in crisis and needs immediate help, please call the **Access & Crisis Line at (888) 724-7240.**



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Outside Temp (F)	Inside Temp (F)	
	10mins	30mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

## MOVIES at the Bases

NAB Theater - NAB, Q-Zone  
619-437-5487, Bldg. 337

Thursday, June 13

11am Megamind

5pm Happy Death Day 2U

Friday, June 14

5pm Hotel Mumbai

Saturday, June 15

11:15an Christopher Robin

2pm Five Feet Apart

5pm Captive State

Sunday, June 16

5pm Isn't It Romantic

Monday, June 17

5pm A League of Their Own

Tuesday, June 18

11am Incredibles 2

5pm The Prodigy

Wednesday, June 19

5pm Silence of the Lambs

Thursday, June 20

11am How To Train Your Dragon 2

5pm Fighting With My Family

**Bob Hope Theater** 577-4143

Miramar Blding 2242

\* indicates last showing

Thursday, June 13

6:30pm Breakthrough

Friday, June 14

Closed for: LT. DAN BAND

Saturday, June 15

3pm Pokemon Det. Pikachu 2D

6:30pm A Dog's Journey

9pm The Hustle

Sunday, June 16

1pm Avengers: Endgame 2D

6:30pm John Wick: Ch 3 - Parabellum

Wednesday, June 17

6:30pm Ugly Dolls\*

Thursday, June 20

6:30pm Avengers: Endgame\* 2D

**Community Rec Center**

- NBPL, Main Base,

619-553-9138, Bldg. 546

Thursday, June 13

5pm The Secret Life of Pets

Friday, June 14

5pm Men in Black

Saturday, June 15

5pm Men In Black II

Sunday, June 16

5pm Men In Black 3

Tuesday, June 18

6pm Toy Story

Wednesday, June 19

6pm Toy Story 2

Thursday, June 20

6pm Toy Story 3

P	I	N	T	E	R	E	S	T	O	S	H	A	
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C	J	A	O	D	I	T	T	O	S	E	S	E	
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L	S	T	S	P	R	E	T	E	N	D	E	D	

Lowry Theater - NASNI,  
619-545-8479, Bldg. 650

Friday, June 14

3:30pm A Dog's Journey

8pm John Wick: Ch 3-Parabellum

Saturday, June 15

12pm A Dog's Journey

2:10pm Avengers: Endgame

5:30pm John Wick: Ch 3-Parabellum

Sunday, June 16

12pm Pokemon Det. Pikachu

2pm Avengers: Endgame

5:20pm John Wick: Ch 3-Parabellum

Monday, June 17

5:50pm Ugly Dolls

7:30pm John Wick: Ch 3-Parabellum

Tuesday, June 18

5:40pm Pokemon Det. Pikachu

7:40pm The Intruder

Wednesday, June 19

5:40pm A Dog's Journey

Naval Base Theater - NBSD,  
619-556-5568, Bldg. 71

Thursday, June 13

5:50pm The Hustle (2019)

7:50pm Long Shot

Friday, June 14

5:50pm A Dog's Journey

8:10pm John Wick: Ch 3-Parabellum

Saturday, June 15

1:30pm Pokemon Det. Pikachu

3:40pm A Dog's Journey

6:30pm John Wick: Ch 3-Parabellum

Sunday, June 16

1:30pm A Dog's Journey

3:40pm The Hustle (2019)

6pm John Wick: Ch 3-Parabellum

Monday, June 17

5:50pm A Dog's Journey

8pm The Hustle (2019)

Tuesday, June 18

5:40pm Ugly Dolls

7:40pm John Wick: Ch 3-Parabellum

Wednesday, June 19

5:40pm Pokemon Det. Pikachu

7:50pm John Wick: Ch 3-Parabellum

Thursday, June 20

5:50pm John Wick: Ch 3-Parabellum

8:20pm Long Shot

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Thursday, June 13

6:30pm The Intruder

# Entertainment

## Active Duty: Visit a Blue Star Museum for free this summer

The National Endowment for the Arts 10th summer of Blue Star Museums is in full swing. Blue Star Museums is an initiative of the National Endowment for the Arts in collaboration with Blue Star Families, the Department of Defense, and museums nationwide to provide free admission to our nation's active-duty military personnel and their families this summer.



The free admission program is available for those currently serving in the United States Military—Army, Navy, Air Force, Marine Corps, Coast Guard as well as members of the Reserves, National Guard, U.S. Public Health Commissioned Corps, NOAA Commissioned Corps, and up to five family members. Qualified members must show a Geneva Convention common access card (CAC), DD Form 1173 ID card (dependent ID), or a DD Form 1173-1 ID card for entrance into a participating Blue Star Museum.

Here are the museums currently signed up in San Diego: Flying Leatherneck Aviation Museum, Gaslamp Museum, Gaslamp Museum at the Dais-Horton House, Japanese Friendship Garden Society of San Diego, MCRD Museum Foundation, Museum of Photographic Arts, New Americans Museum, New Children's Museum, San Diego Chinese Historical Museum, San Diego History Center, San Diego Museum of Art, and Visions Art Museum.

Blue Star Museums provides a way for military families to have fun together while traveling or when exploring their home community—an especially valuable opportunity for families who have recently relocated due to a change of station. The 2019 program will end on Monday, September 2, 2019, Labor Day. Military families can find the list of participating museums at [arts.gov/bluestarmuseums](http://arts.gov/bluestarmuseums).

### About Blue Star Families

Blue Star Families builds communities that support military families by connecting research and data to programs and solutions, including career development tools, local community events for families, and caregiver support. Since its inception in 2009, Blue Star Families has engaged tens of thousands of volunteers and serves more than 1.5 million military family members. With Blue Star Families, military families can find answers to their challenges anywhere they are. For more information, visit [bluestarfam.org](http://bluestarfam.org).

## SD Botanic Garden's Fairy Festival Sat., June 22 • 10am-4pm

Calling all Fairy Prince and Princesses! Children (and parents) are invited to celebrate summer at the annual Fairy Festival at San Diego Botanic Garden in Encinitas on Saturday, June 22 from 10am-4pm.

The Fairy Festival features fairy-themed activities, where children may wear their favorite fairy costume, take an adorable photo with our Fairy Princesses in an enchanted garden, leave their wishes at a magic wishing bush, shop in the Fairy Land Market, and enjoy fairy-themed crafts. Enjoy live performances by Ruth & Emilia and Twinkle-time as well as food, coffee and dessert trucks.



San Diego Botanic Garden is a great atmosphere for children and families to interact with plants and nature. Entrance to the Fairy Festival is included with paid admission or SDBG Membership. There is a small fee for crafts, if desired. Adult attendees are asked not to dress up for the Festival for child safety reasons.

San Diego Botanic Garden is located at 230 Quail Gardens Dr., Encinitas. Visit our website for more information: [SDBGarden.org](http://SDBGarden.org)

### About San Diego Botanic Garden

Named as one of the "Top 10 Botanic Gardens in North America" by USA TODAY/10Best.com, San Diego Botanic Garden is a beautiful urban retreat nestled on 37-acres in the midst of Encinitas. Visitors enjoy restful vistas, flowering trees, majestic palms and the nation's largest bamboo collection. Thanks to our mild Southern California climate, 5,000 plant species from all over the world thrive here. Our diverse topography provides a wide variety of microclimates, giving visitors the sensation of strolling through a tropical rainforest to hiking in the high desert. Four miles of trails wind through 29 uniquely themed gardens including the acclaimed Hamilton Children's Garden, with fun areas to play in for kids of all ages including Toni's Tree House.

## Summer Fun on the 101 Sat., June 22 • Noon-7:30pm • Free

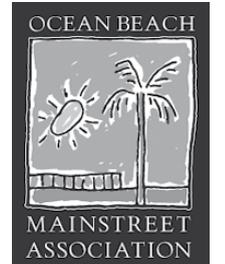
Summer Fun on the 101 is a free annual musical celebration taking place just a block from Beacon's Beach in beautiful Encinitas, California at the Leucadia Roadside Park on Saturday, June 22 from noon to 7:30pm. Summer Fun on the 101



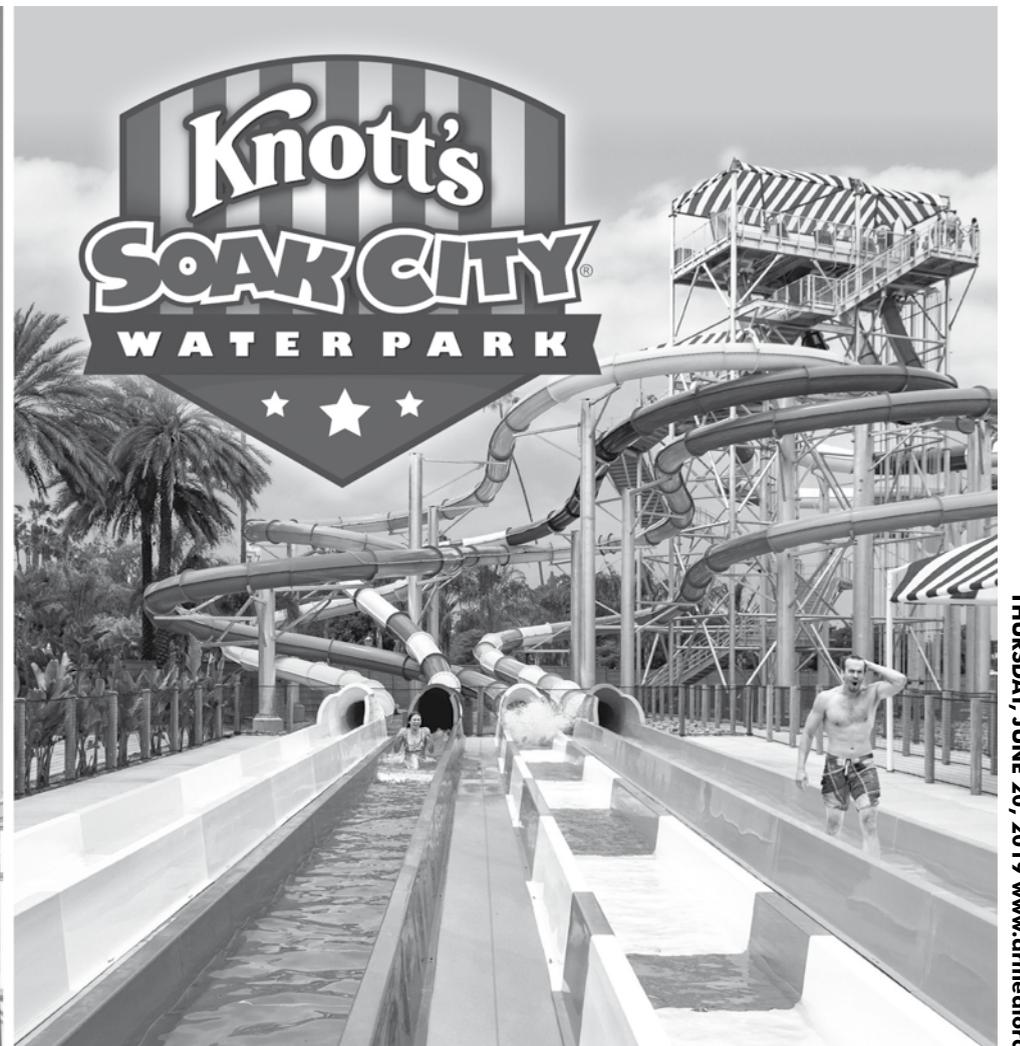
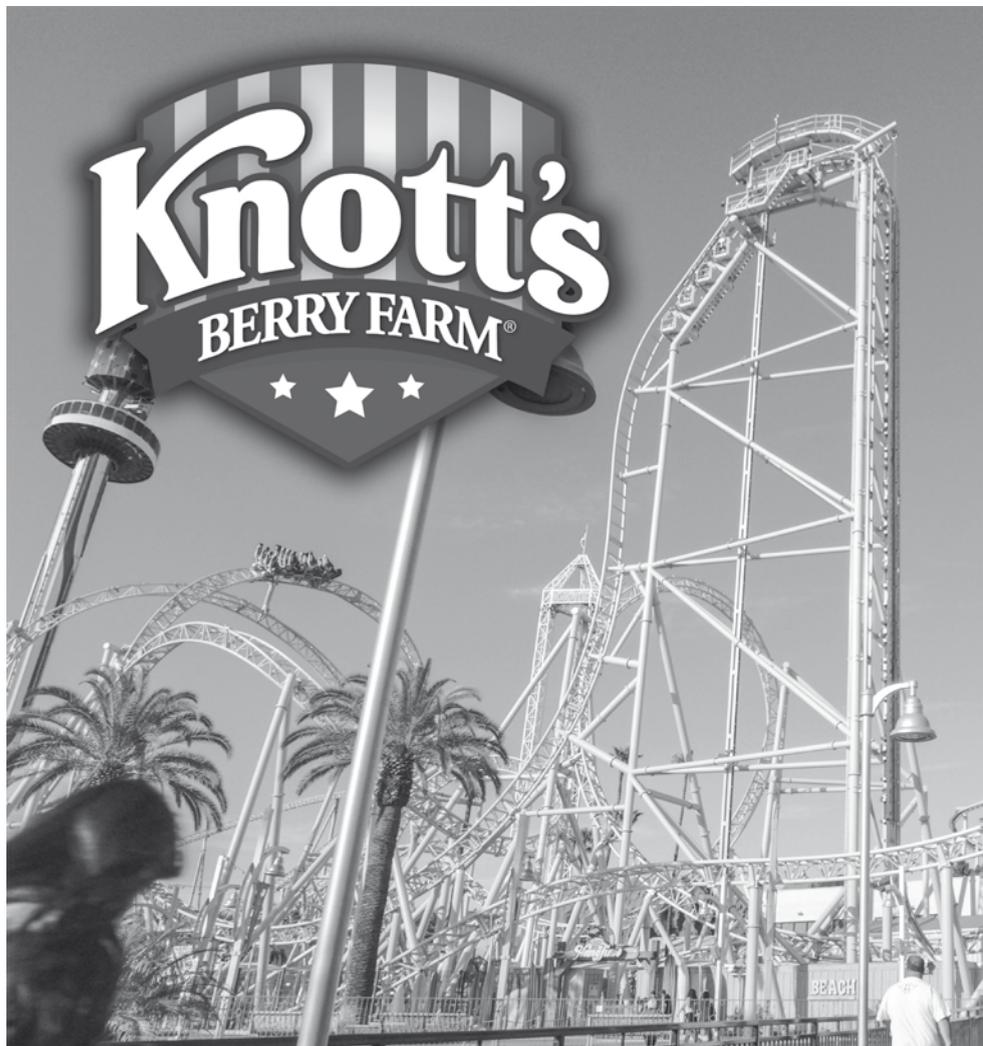
is Encinitas' most epic music festival and is free and open to the whole community! This free festival is presented by Leucadia 101 Main Street Association and the line up is lovingly curated by Ruthless Hippies. Leucadia Roadside Park, 860 N Coast Hwy 101, Leucadia.

## 40th Annual OB Street Fair & Chili Cook-Off Sat., June 22 • 10am-8pm • Free

Join more than 70,000 visitors for an oceanfront chili cook-off, an array of food and merchandise vendors, 4 stages of continuous music, the Community Mural Project, a Local Art & Artisans showcase, and more. The Hodad's Burger-Eating Competition will offer contestants a chance to be featured on the Hodad's Wall of Fame in Ocean Beach and the Beachside Bar will be rockin' all day for guests 21+ looking with an ocean view and live music from 11am-8pm. New this year, Dirty Birds will debut the OB Street Fair wing eating contest at the main stage and Rock & Roll San Diego will offer a fun music area for attendees to stop by and learn to play a simple song by one of their professional musicians. The Chili Cook-Off competition features 20 tastings in both amateur and restaurant divisions. Chili tastings will begin at 11 a.m. and end when contestants run out of samples.



The OB Street Fair & Chili Cook-off Festival is in the 4800-5000 blocks of Newport Ave., along the waterfront and in the pier parking lot. Trolley services will run from 9:30 a.m. to 9 p.m., one near Robb Field every 30 minutes and one on Sea World Drive at Pacific Coast Highway every hour. There is a free bike valet at the intersection of Bacon Street and Newport Avenue, courtesy of the San Diego County Bicycle Coalition. For more information, visit [www.OceanBeachSanDiego.com](http://www.OceanBeachSanDiego.com).



Get your **SPECIALY PRICED TICKETS** at your local Military Ticket Office

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# Things to do Around Town this weekend

## Summer Solstice, Friday, June 21

**Make Music Day** activities at Museum of Making Music, Fri, June 21, 10am-5pm. [www.museumofmakingmusic.org](http://www.museumofmakingmusic.org)

**Movies in the Park Series: Madagascar** at Woodland Park. Fri, June 21. [www.san-marcos.net/specialevents](http://www.san-marcos.net/specialevents)

**Cinema by the Sea: Back to the Future** at Powerhouse Park. Fri, June 21. [www.delmarfoundation.org](http://www.delmarfoundation.org)

**California Wine Festival** at Park Hyatt Aviara Resort. Fri-Sat, June 21-22. [www.nightout.com](http://www.nightout.com)

**SD Wingfest**, Sat, June 22, 1-7pm. \$25-\$45. Come to the Broadway Pier and enjoy the best wings from top venues and vendors in SD. Wings are \$1 per wing. Wild Wing eating const, Craft Beer, music, vendors, sauce zone and rub samples. Broadway Pier, 1000 North Harbor Dr, downtown SD.

**Fairy Festival** at San Diego Botanic Garden, Sat, June 22, 10am-4pm. [www.sdbgarden.org](http://www.sdbgarden.org)

**40th Annual Ocean Beach Street Fair & Chili Cook-Off Festival**, Sat, June 22, 10am-8pm. [www.oceanbeachsandiego.com](http://www.oceanbeachsandiego.com)

**Summer Solstice Yoga**, Sat, June 22, 7:30-9:30am. \$25-\$30. Morning of Yoga to celebrate the beginning of summer season. Gather for morning of movement and new experiences. Set intentions! Join an hour long, all levels yoga class on the flight deck of the USS Midway starting at 8am. Doors open 7am to allow you time to place your mat and take photos. Discounts for military and groups of 5 or more. USS Midway Museum, 910 N. Harbor Dr, downtown SD.

**Free E-Waste/Shred Event**, Sat, June 22, 9am-noon. Free. Drop off electronic waste & up to two banker's boxes of documents shredded at this free event – co-hosted by the City of Escondido Recycling Division and Escondido Disposal. E-waste includes anything with a cord and electronic devices without cords, like calculators, cameras, and TV remotes. Please remove batteries before recycling. Escondido High School, 1535 North Broadway, Escondido.

**Distilled: San Diego Spirit & Cocktail Festival** at San Diego County Fair, Sat, June 22, 12-5pm. [www.sdfair.com](http://www.sdfair.com)

**Summer Fun on the 101 Music Festival at Leucadia Roadside Park**, Sat, June 22, 12-7:30pm. [www.leucadia101.com](http://www.leucadia101.com)

**Mass Creativity Day**, Sat, June 22, 9:30am-3pm. Free all-day outdoor celebration of art, creativity and community. Held at the park across from The New Children's Museum. Bring the whole family and

## Summertime Family Overnight aboard the Star of India June 22-23

Maritime Museum of San Diego, home to one of the world's largest collections of historic vessels from sail to steam to submarine, will host the annual Family Overnight Saturday, June 22 from 2:30pm to Sunday, June 23 9am. aboard the 1863 baroque Star of India, the oldest active sailing ship in the world. Guests will embark on an imaginary voyage to relive the lives and times of the emigrant passengers in The Great Age of Sail. Instructors will be in character and in costume, teaching various activities such as moving cargo and raising sails. Accommodations aboard Star of India are 19th-century and likened to a camping trip. Held dockside at the Maritime Museum, guests of the overnight adventure will see areas of the ship normally closed to the public and sleep on her "tween decks" out of the elements. Tickets are \$75 per participant age 5 and up and include meals and accommodations. Space is limited. Adults must accompany youth under 18. For reservations and more information guests can visit [sdmaritime.org](http://sdmaritime.org) or call 619.234.9153 ext. 122.

enjoy live music, food, hands-on art-making activities, free admission to the Museum and more! Mass Creativity is an artist-led program that focuses on bringing the San Diego community together. The New Children's Museum, 200 W. Island Avenue, San Diego.

**Pure Water Day Open House**, Sat, June 22, 10am-3pm. Free. Third annual Pure Water Day Open House. Learn how City of San Diego's Pure Water Program will produce 1/3 of San Diego's water supply locally using proven technology to clean recycled water. Tastings of purified water, free kettle corn and snow cones, plant-your-own succulents. Face painting, kid's obstacle course and educational activities! North City Water Reclamation Plant, 4949 Eastgate Mall, La Jolla.

**Volkswagen Swap-N-Show**, Sat, June 22, 11am. Hosted by SD Air Cooled Club & Wolfpack VW of IB/SD, featuring over 200 cars on display and over 50 vendors with auto related merchandise. Kobey's Swap Meet, 3500 Sports Arena Blvd, Midway/Pt Loma.

**Hullabaloo Band at San Diego Children's Discovery Museum**, Sat, June 22, 5:15pm. [www.hullabalooand.com](http://www.hullabalooand.com)

**Summer Movies in the Park Series: The Lego Movie 2-The Second Part** at Poway Community Park, Sat, June 22, 6:30-10pm. [www.poway.org](http://www.poway.org)

**Mainly Mozart Festival Orchestra: Elemental Drama** at Balboa Theatre, Sat, June 22, 8pm. [www.sandiegotheatres.org](http://www.sandiegotheatres.org)

**Walking In Nature**, Saturday June 22, 8:30-10am. Free. Morning hike through riparian habitat by Kumeyaay Lake Campground. Led by trained Mission Trails Regional Park (MTRP) Trail Guide. Meet at the Kumeyaay Lake Campground flagpoles at campground entry station. Two Father Junípero Serra Trail, Santee.

**Adult Recess at the Fleet**, Saturdays, June 22 & 29, 7-10pm. \$14.95. Grownups! You get the science center all to yourself (no kids allowed!) to explore exhibits at a savings, enjoy an adult beverage and rock out to music on Saturday nights this summer. Adult Recess provides your chance to take over the Fleet's newest exhibition, Pause|Play. This world-premiere exhibition features adult-sized recess activities where you can zip down a 31-foot-long slide that clocks your speed, dig into augmented-reality sandboxes and shoot hoops while hampered by distortion lenses. There's just one rule: No Adulthood Allowed! So, leave the kids at home and let your curiosity run wild exploring the Fleet! Do it at a discount—special admission pricing applies starting at 7 p.m. on Saturday nights (see below). You must be 21+ because, yes, the no-host bar will be open in Pause|Play on Saturday nights. Food available for purchase. Experience Adult Recess on Saturday nights at the Fleet this summer, June 1 through August 31. Fleet Science Center, 1875 El Prado, Balboa Park.

**San Diego Scottish Highland Games**, Sat-Sun, June 22-23, 9am-5pm. \$5-\$15. Discount for sr. citizens & military. Experience the traditions of Scotland. Heavy Athletics competition—men and women participate in series of challenges, throwing heavy objects (most notably, the Caber Toss) in a show of strength and grit. Highland Dance competition, Bagpipe & Drum bands, whisky tasting, Sheepdog Trials. Variety of vendors specializing in Celtic, and British goods. Visit Scottish Clans booths to learn about your ancestral roots, enjoy authentic meal, and a cold beverage in our beer garden—live music all day, both days. To learn more and for ticketing information, visit [SDHighlandGames.org](http://SDHighlandGames.org) Brengle Terrace Park, 1200 Vale Terrace Drive, Vista.

**Antique Engine & Tractor Show at Antique Gas & Steam Engine Museum**, Sat-Sun, June 22-23, 9am-4pm. [www.agsem.com](http://www.agsem.com)

**Family overnight aboard Star of India** at Maritime Museum of San Diego. Sat-Sun, June 22-23. [www.sdmaritime.org](http://www.sdmaritime.org)

**Guided Walk**. Sat-Sun, June 22-23 & Wed, June 26, 9:30-11am. Free. Doesn't matter if it's overcast or sunny, MTRP Trail Guide will

take you on a nature walk. Meet inside Visitor Center. Mission Trails Regional Park, One Father Junípero Serra Trail, San Carlos.

**Open Cockpit Days**, Sat-Sun, June 22-23; July 6-7, 20-21; Aug 3-4, 17-18, 31-Sept 1, 9am-3pm. Free. Cockpits of several aircraft will be open so kids and adults can experience U.S. Marine Corps aviation from a pilot's perspective. Strap into an ejection seat, put on a helmet, talk to pilots and try your luck with an "I Spy" activity. See 31 historical aircraft up close & hundreds of artifacts from the earliest days of aviation to present day. Open Cockpit Days are family friendly activity hosted every other weekend during the summer thru Sept 1. Flying Leatherneck Aviation Museum, 4203 Anderson Ave, off Miramar Rd.

**Scoop SD Ice Cream Festival. Sun, June 23, 11am-4pm. \$20-\$35.** Inaugural Scoop San Diego Ice Cream Festival. Celebrating evolving craft ice cream and gelato scene in SD. Proceeds benefit Monarch School in Barrio Logan for homeless youth. Celebrate the joy of ice cream as a catalyst for social connection and human compassion. North Park Way at 30th St, North Park. [scoopsandiego.org](http://scoopsandiego.org)

**San Diego International Triathlon**, Sun, June 23, 6:30am-1pm. \$130-\$190. One of longest standing triathlons in the country. 2 courses to choose from; an international course and a sprint course, whichever you choose you're guaranteed a great race. Harbor Dr. Spanish Landing Park (across from SD Intl Airport), 4077 N. Harbor Dr, downtown SS. [www.kozevents.com](http://www.kozevents.com)

**Festival of Yoga & Healthy Living**, Sun, June 23, 8am-4pm. Free, all-ages event will feature guided yoga, meditation, music, a vendor marketplace, and other activities intended to instill peace and to inspire and empower people of all ages and walks of life. Waterfront Park, 1600 Pacific Hwy, downtown San Diego.

## Fun with MWR

**Endless Summer 5K Run/2-Mile Walk** Fri, June 21, 8am, FREE. NASNI, Moffett Road, near Bldg. 1293 (300 yds. past MWR fishing pier). Kick off the San Diego summer season! Awesome event shirt awaits all participants! Proudly sponsored by MWR and USAA. Register: [www.navylifsw.com](http://www.navylifsw.com), Info: 619-545-0237

**Dive-In Movie Night** Fridays, 5:30pm, FREE. Balboa Athletic Complex Pool, NMCS, Bldg. 12. Cool off in the pool with good music, games and lots of fun! Plus, enjoy our special \$1 Meal Deal! Our summer movie line-up includes: June 21: Avengers, July 19: Aladdin, August 16: Toy Story 4. Events open to all MWR patrons. Register today by calling 619-532-8516.

**NBPL Historical Walking Tour** Sun, June 23, 9am, FREE. NBPL, Main Base, Community Recreation Center, Bldg. 546. Learn about Naval Base Point Loma's turn of the century buildings and structures, whaling and wartime history, from our very own resident historian. Register: [www.navylifsw.com/sdcr](http://www.navylifsw.com/sdcr), Info: 619-553-9138

**SeaWorld Day** Sat, June 29, (Park Hours: 10am-10pm), \$30. SeaWorld San Diego, 500 SeaWorld Dr. Explore the park all day long, plus special buffet lunch in pavilion from 11am-12:30pm. Purchase tickets through NBSD Tickets & Travel Offices. Discounted parking passes sold separately for \$10. No refunds or exchanges. Info: 619-556-2174

**San Onofre Camping Trip** Sat-Sun, June 29-30, \$40 (6 yrs.+). Meet at San Onofre Campgrounds, MCB Camp Pendleton/ Join us for a weekend of surfing, hiking, stargazing, and s'more fun activities! Cost includes tent campsite, gear and meals. We'll also have a limited number of surfboards and body boards available, plus instruction, for those wanting to hit the water. Register: [www.navylifsw.com/sdcr](http://www.navylifsw.com/sdcr), Info: 619-437-3190

**Celebrate July 4th on the Bay with the Best Fireworks View Freedom Festival** ~ Presented by MWR and USAA. Thur, July 4, 2-9pm. The annual Freedom Festival at Naval Base Point Loma, Harbor Drive Annex is a celebration of family, community and national pride and is open to military families, retirees, reservists and DoD employees. The event features a tailgate party (registration required), LIVE entertainment, Family Fun Zone and festival food highlighted by All-American favorites and global flavors. Top the night off with the Big Bay Boom Independence Day Spectacular fireworks show from the best viewing area in San Diego. Full event details at [www.navylifsw.com/freedomfestival](http://www.navylifsw.com/freedomfestival). Proudly sponsored by Armed Forces Dispatch, EDCO Disposal, Lincoln Military Housing, Navy Federal Credit Union and National City Mile of Cars.

**Simba Sleepover** Fri, July 12, 6:30pm to Sat, July 13, 8:30am, FREE (5-12 yrs.) NAB Community Recreation Center, Bldg. 337. Fun sleepover with Lion King face painting, games, Nala Nibbles, a showing of the original Lion King Movie (G), and group star talk. Costumes are encouraged. Sleeping bags provided upon request. All children must bring a pillow and pajamas. Movie snacks provided. Register: [www.navylifsw.com/sdcr](http://www.navylifsw.com/sdcr), Info: 619-437-3190.

**Surf Lessons** Saturdays, July 13-Aug 10, 9am Beginner/10:15am Intermediate, \$106 (10 yrs.+)/\$75 E1-E6. Various NBC Locations. urfs up! Learn to surf and become part of the deep-rooted surf culture here in California. This 5-week program includes learning about currents, surf history, board selection, strength and conditioning and how to surf! Must know how to swim and be comfortable in the ocean. Register: [www.navylifsw.com/sdcr](http://www.navylifsw.com/sdcr), Info: 619-437-3190.

**The Old Globe – Behind the Curtain Series – Romeo and Juliet Workshop #1**. Sat, July 13, 10am, FREE (12 yrs.+). NBSD Anchors Catering Center, Bldg. 3210 (Corner of Yama and Main). Join us for this special seven-week class from Behind the Curtain with The Old Globe. A teaching artist and a different designer/artisan/craftsperson from the theatre will talk about their area of expertise giving insight into how a show comes together at The Globe. Topics include costume design, prop making, dramaturgy and more. If you attend at least four classes, you will be invited to attend a backstage/onstage tour and dinner followed by the show. Last class/show date TBD. If a child is under 16 years old, both an adult and child need to register. Only open to patrons who did not participate in last year's workshop series. Register: [www.navylifsw.com/sdcr](http://www.navylifsw.com/sdcr), Info 619-556-9597

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# Concerts

Please confirm concerts before attending. NOTE: Some venues are age 21+ only.

## June

**Santana with the Doobie Brothers.** Thurs, June 20, 7pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.  
**Impractical Jokers.** Thurs, June 20, 7:30pm. Comedy. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.  
**Jeff Lynne's ELO Live.** Thurs, June 20, 8pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com  
**Hootie & the Blowfish, Bare-naked Ladies.** Fri, June 21, 7:30pm. Pop. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista.  
**Paul McCartney.** Sat, June 22, 7:30pm. Rock. Petco Park, 100 Park Blvd, SD. (619) 795-5000.  
**Gospel Festival featuring The Clark Sisters.** Sat, June 22, 7pm. Gospel. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.  
**Santana and the Doobie Brothers.** Sun, June 23, 7:30pm. Latin/rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.  
**Grupo Intocable.** Sun, June 23, 7:30pm. Latin. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.  
**Hootie and the Blowfish.** Sun, June 23, 7:30pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.  
**Khalid.** Tues, June 25, 7:30pm. Staples Center, 1111 S. Figueroa St., LA. staplescenter.com  
**Cohed & Cambria and Mas-**

**todon.** Wed, June 26, 7:30pm. Rock. Petco Park, 100 Park Blvd, SD. (619) 795-5000.  
**Killer Queen.** Thurs, June 27, 8pm. Covers. Balboa Theatre, 868 Fourth Ave. (619) 570-1100.  
**Lost Monarchs.** Fri, June 28, 4pm. Rock. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.  
**Brit Floyd-Pink Floyd Tribute.** Sun, June 30, 6:30pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.

## July

**Trace Adkins.** Tues, July 2, 7:30pm. Country. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.  
**Brad Upton.** Thurs, July 4, 7:30pm. Comedy. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. (858) 755-1161.  
**Shawn Mendes: The Tour.** Fri, Sat, July 5-6, 7:30pm. Pop. Staples Center, 1111 S. Figueroa St., Los Angeles. staplescenter.com  
**Jethro Tull.** Sat, July 6, 8pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.  
**Ian Anderson: Jethro Tull 50th Anniversary Tour.** Sun, July 7, 8pm. Rock. SDCivic Theatre, 1100 Third Ave. (619) 570-1100.  
**Shawn Mendes.** Mon, July 8, 7:30pm. Pop. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd, SD. (619) 224-4171.  
**Michael Buble.** Tues, July 9, 8pm. Staples Center, 1111 S. Figueroa St., LA. staplescenter.com  
**Jon Bellion.** Wed, July 10, 7:30pm. Pop. SDSU, 5500 Campanile Dr., SD. (619) 594-6947.  
**Howard Jones and Men Without Hats.** Fri, July 12, 7pm. Pop/rock. Humphrey's by the Bay, 2241 Shelter Island Dr., (619) 224-3577.  
**Billie Eilish and Denzel Curry.**

Sat, July 13, 7:30pm. Pop. Open Air Theatre at SDSU, 5500 Campanile Dr., SD. (619) 594-6947.  
**Hammers House Party Tour.** Sat, July 13, 7pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.  
**Hugh Jackman.** Tues, July 16, 7pm. Standards. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd, SD. (619) 224-4171.  
**Beck and Cage the Elephant.** Wed, July 17, 6pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.  
**Why Don't We.** Fri, July 19, 7:30pm. Pop. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.  
**Beck and Cage the Elephant.**

Sat, July 20, 8pm. Alt/rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.  
**Disrupt Festival.** Sat, July 20, 1:30 Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.  
**Shinedown.** Sun, July 21, 6:30pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.  
**Ozzy Osbourne.** Tues, July 23, 7:30pm. Rock. North Island Credit Union Amphitheatre, 2050 Entertainment Cir., Chula Vista. (619) 671-3600.  
**Cuco, with Umi.** Wed, July 24, 8pm. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. grove-of-anaheim.com

**Zac Brown Band.** Thurs-Fri, July 26-27, 7pm. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.  
**Disrupt Festival.** Fri, July 26, 2pm. Alt/pop/punk/rock. NI Credit Union Amp., 2050 Entertainment Cir., Chula Vista. (619) 671-3600.  
**Freestyle Explosion.** Sat, July 27, 7:30pm. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. hondacenter.com  
**Yes.** Sat, July 27. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.  
**August**  
**Rascal Flatts.** Thurs, Aug 1, 7:30. Five Point Amphitheatre, 14800 Chino, Irvine. (949) 988-6800.



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\*must show id

**Liberty Station • 2750 Dewey Rd. San Diego, Ca. 92106 • 619-398-2600**

# FRANK TOYOTA

2400 NATIONAL CITY BLVD.  
866.217.1866  
www.franktoyota.com

## 2020 Toyota Corolla SE

4 Cyl Automatic

Lease for  
**\$245** PER MONTH PLUS TAX 36 MONTHS



\*1 at this payment. Stk#: 56959, VIN: JTD5ARCE9L1009271, Model#: 1864. Net capitalized cost \$21,651.20. \$245 plus tax monthly for 36 months with \$3,800 due at lease signing. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 6/30/19.

## 2019 Toyota Camry SE

Lease for  
**\$285** PER MONTH PLUS TAX 36 MONTHS

4 Cyl Automatic



\*1 at this payment. Stk#: 56597, VIN: 4T1B11HXKKU747842, Model#: 2546. Net capitalized cost 24501.05. \$285 plus tax monthly for 36 months with \$3,850 due at lease signing. Includes \$250 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 6/30/19.

## 2019 Tacoma Doublecab SR5

Lease for  
**\$299** PER MONTH PLUS TAX 36 MONTHS

V6 Automatic 4x2



\*1 at this payment. Stk#: 57145, VIN: 3TMAZ5CN8M100989, Model#: 7146. Net capitalized cost \$30,571.43. \$299 plus tax monthly for 36 months with \$3,850 due at lease signing. Includes \$750 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$85 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 6/30/19.

# FRANK HYUNDAI

3150 NATIONAL CITY BLVD.  
866.542.8238  
www.frankhyundai.com

## 2019 HYUNDAI ACCENT SE AUTOMATIC

**\$13,277 FRANK'S PRICE**  
-\$1000 RETAIL BONUS CASH  
-\$500 HYUNDAI FINANCE BONUS CASH  
-\$500 MILITARY or 1st RESPONDERS  
-\$500 VALUED OWNER COUPON

NET PRICE

**\$10,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 6/24/19. \*1 at this price #049547.

## 2019 HYUNDAI ELANTRA SE AUTOMATIC

**\$16,027 FRANK'S PRICE**  
-\$1750 RETAIL BONUS CASH  
-\$500 HYUNDAI FINANCE BONUS CASH  
-\$500 MILITARY or 1st RESPONDERS  
-\$500 VALUED OWNER COUPON

NET PRICE

**\$12,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 6/24/19. \*5 at this price.

## 2019 HYUNDAI KONA SE

**\$18,027 FRANK'S PRICE**  
-\$750 RETAIL BONUS CASH  
-\$500 HYUNDAI FINANCE BONUS CASH  
-\$500 MILITARY or 1st RESPONDERS

NET PRICE

**\$16,777**



All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. \$500 Military Incentive, must be active duty or veteran to qualify. Offer expires 6/24/19. \*5 at this price.

# FRANK SUBARU

2829 NATIONAL CITY BLVD.  
888.207.1891  
www.franksubaru.com

## 2019 SUBARU 2.5i CVT FORESTER

LEASE FOR  
**\$289** PER MONTH PLUS TAX 36 MONTHS

ZERO DOWN!



\*1 at this payment, STK# 21175, VIN# KH506791, Model# KFB 02. \$289 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 6/30/19.

## 2019 SUBARU WRX

LEASE FOR  
**\$339** PER MONTH PLUS TAX 36 MONTHS

ZERO DOWN!



\*1 at this payment, STK# 20264, VIN# K9811096, Model# KUN 01. \$339 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 6/30/19.

## 2019 SUBARU 3.6R TOURING OUTBACK

LEASE FOR  
**\$359** PER MONTH PLUS TAX 36 MONTHS

ZERO DOWN!



\*1 at this payment, STK# 20940, VIN# K3297280, Model# KDL 31. \$359 plus tax monthly for 36 months with \$0 Due at Signing. \$0.15 per mile over 10,000 miles per year. \$85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 6/30/19.

## 4-WHEEL ALIGNMENT

**\$89<sup>95</sup>** + tax



~~WAS \$119<sup>85</sup>~~

- Precision computerized wheel alignment
- Adjust caster, camber & toe
- Inspect suspension for wear
- Center steering wheel • Inspect tires

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 6/30/19.

### ATTENTION: ACTIVE DUTY, RETIRED & DEPENDENTS

Frank Motors is now hiring part-time & full time employees.  
Apply on-line [www.FrankToyota.com](http://www.FrankToyota.com)

### Military Special Only

## OIL & FILTER CHANGE

**\$29<sup>95</sup>** + tax



- Install Genuine Toyota, Hyundai or Subaru oil filter
- Replace engine oil (up to 5 qts conventional oil)
- Top off under the hood fluids
- **FREE** Check & set tire pressure to vehicle specifications
- **FREE** Multipoint inspection
- **FREE** Car Wash
- **FREE** Battery Test

Synthetic, V6 & V8 additional. Toyotas, Hyundais, or Subarus only. Please present coupon at time of purchase. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Please present coupon at time of write up. Offer expires 6/30/19.

## FRONT BRAKE SPECIAL

FRONT BRAKE SPECIAL  
**\$50<sup>OFF</sup>**

- ✓ Inspect and Resurface Rotors
- ✓ Inspect Brake Hardware
- ✓ Replace Front Brake Pads

Toyotas, Hyundais, or Subarus only. Most models. Must present coupon. Not valid with any other offer or discount. Valid only at Frank Auto Motors locations. Cannot be combined with any other offer or discount and cannot be applied toward previous purchases. Offer expires 6/30/19.

Plus **10% OFF**

Any recommended Services or Repairs. May not be combined with any other special.

# WE HONOR OUR MILITARY!!